



The Journal

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March 30, 2017

Earth Day Activities and Base Clean-up Planned



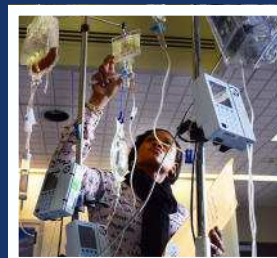
U.S. Navy file photo by MC3 William Phillips



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Navy Ends Online GMT Requirements

From Chief of Naval Personnel

The Navy announced Monday that effective immediately, Sailors will no longer be required to log onto Navy Knowledge Online, Navy eLearning or My Navy Portal to complete General Military Training (GMT) for any topic except Cybersecurity as outlined in NAVADMIN 072/17.

Chief of Naval Personnel Vice Adm. Robert Burke said that during Fleet visits he often hears Sailors say online training is ineffective and impersonal. This effort, he said, is aimed at improving leader engagement opportunity, reducing administrative distractions and addressing Sailor’s frustration with current online training products.

“I want Sailors to know we’ve heard them,” Burke said. “This is about restoring an important leader engagement opportunity — an opportunity to talk about integrity, accountability and character, something today’s online products are missing. There is no doubt this approach will yield an even greater competitive edge for the Navy.”

While there are still annual GMT requirements, individual commands now have the flexibility to complete required training when and how they see fit. Existing training materials will remain on Navy eLearning and My Navy Portal, providing an outline for commands to use.

To maximize training effectiveness, units should look to conduct GMT in small groups, which will allow leaders to engage Sailors with meaningful discussion and focus on character, as part of the Navy’s continuing Fleet-centered leader development.



Vice Adm. Robert P. Burke
Chief of Naval Personnel

Going forward, the Navy plans to overhaul GMT and other on-line eLearning products to make them more engaging and personalized, but not at the expense of leadership engagement, Burke said.

While Suicide Awareness, Equal Opportunity and Sexual Harassment and Sexual Assault Prevention and Response training may require a more formal setting, and may benefit from supplementation by existing seminar discussion material available from “Chart the Course” or “Full Speed Ahead” training, other topics such as Records Management, Operations Security, and Privacy and

PII, can be conducted at quarters, all-hands calls, divisional training using existing learning objectives and material to elicit discussion to the point that the leader is satisfied that the learning objectives are understood.

While there is no requirement to document the completion of GMT in the Navy eLearning Learning Management System, Commands are encouraged to keep local records. The Cyber Awareness Challenge V4 (DOD-IAA-V14.0) can be found on Navy Knowledge Online, Navy eLearning or My Navy Portal.

Bethesda Notebook

Passover Seder

A Passover Seder is scheduled April 3 from 11:30 a.m. to 1 p.m. in the Walter Reed National Military Medical Center Chapel (Bldg. 8, room 1329). All with base access are invited to attend. The Seder is a Jewish ritual celebrating the Israelites’ freedom from Egyptian slavery as described in the Biblical book of Exodus. Please RSVP to Ms. Erikha Lawson at 301-295-1510. Space is limited.

USAE-N Open Forum

The U.S. Army Element-North hosts an open forum April 5 in Memorial Auditorium at Walter Reed Bethesda. There will be two sessions — from 7 a.m. to 8 a.m. and from noon to 1 p.m. All Soldiers attached to USAE-N are encouraged to attend.

Navy CPO Birthday

The 124th birthday of the Navy Chief Petty Officer will be celebrated April 5 from 10 to 11 a.m. in Memorial Auditorium with an “Ask The Chief” panel. All are invited to attend. For more information call Hospital Corpsman 2nd Class Susan Joslin at 301-295-8814 or Chief Hospital Corpsman John Prass at 910-478-6424.

Eggstravaganza Set For April 8

An Eggstravaganza is scheduled for April 8 from 11 a.m. to 1 p.m. at the MWR Sports Complex on Naval Support Activity Bethesda. The event is free for all with base access and include egg hunts, activities (moon bounces, crafts, games and more) and concessions.

On the Cover

Participants from last year’s basewide cleanup picked up litter at several locations around base. This year’s cleanup is scheduled for April 20. *U.S. Navy file photo by MC3 William Phillips*

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WRNMMC Celebrates Women's History Month

By Megan Garcia
WRNMMC Public Affairs

Why fit in when you were born to stand out was the question Army Lt. Col. Rhonda C. Pugh posed to the audience during the Walter Reed National Military Medical Center's annual Women's History Month cultural awareness observance March 17.

Pugh, who opened her speech with the quote originally coined by Dr. Seuss, put her own spin on the phrase.

"I say why be normal, when you can be exceptional," she added.

"Often times we have a lot of hidden talents within us, or we have dreams, and sometimes we are a little afraid, so basically to overcome those fears, push through that and just stand out," said Pugh, who has served in the Army for 25 years and currently serves as the defense movement coordinator of the District of Columbia National Guard.

Pugh has had to push through her own set of fears and obstacles and said how people choose to handle tough times in their lives will also determine how they stand out.

"I would not have chosen to be a young widow nor a single mother, delayed promotion, etcetera, but it is what we do along the path that makes us different," Pugh said. "Every day

we have a choice to stand out. Every day we have a choice to focus on being amazing. We have the choice to be exceptional."

Pugh said although these tough times may seem like losses, they could also be good fortunes in disguise.

"You must learn to understand the art of how to win at losing," she said. "There will be times when your biggest setback will lead to your greatest, greatest gain."

Pugh lives by the motto "There are no walls or ceilings that can block my vision," and encourages not only women, but all people to follow their dreams.

"First you have to dream, and whatever those dreams are, you have to believe they were put in you for a reason, and then with your inner strength and focusing on the Lord, there's nothing you can't do," Pugh said.

The program also featured a local Irish dance school to commemorate St. Patrick's Day.

This is the fourth year the school performed at the hospital and the first time they collaborated with the women's history observance.

Although an unintentional collaboration, Erin Martorano said she was glad to be a part of something that celebrates the success and

contributions of women. Martorano, who founded the school 10 years ago, takes pride in being a female, business owner.

"It's very empowering," Martorano said. "I didn't know I could do it until I did it."

Martorano said she hopes more women take that leap of faith and hopes to see more women-owned businesses in the future.

"Don't be scared," Martorano said. "You could worry about what could go wrong. I say just do it, and get it done."

Sgt. Aarynne Ghant, who was spending her day off enjoying family time with her three kids, attended the observance to show her support for her Sailors who helped organized it. More importantly, she wanted her children to learn something as well.

"I just want my kids to be able to see that women can do a lot of different things and can be very successful," said Ghant, who works in the nephrology department as a licensed practical nurse.

She added she was mostly interested in hearing about some of the achievements of various women throughout the militaries' history.

"If you don't know where you have come from, how can you know where you are going," she said.



PHOTO BY MEGAN GARCIA

Army Lt. Col. Rhonda C. Pugh, the defense movement coordinator of the District of Columbia National Guard, was the guest speaker at the Walter Reed National Military Medical Center's annual Women's History Month observance March 17. She said she lives by the motto "There are no walls or ceilings that can block my vision."

NSAB Set to Celebrate Earth Day

By Andrew Damstedt
The Journal

Naval Support Activity Bethesda will be celebrating the 47th Earth Day with an annual base-wide clean up as well as an Environmental Action Fair in April.

The main exhibit at the April 19 fair will be the "Science on a Sphere" exhibit which will be a projection of Earth as seen from space. The presentation, "Seeing the World from Space as Only NASA Can," looks to provide a unique look at Earth by showing the complex interaction of Earth's systems such as atmospheric storms and climate change, according to Alexia Martinez, Naval Facilities Engineering Command (NAVFAC) Washington environmental scientist.

Exhibitors include NASA Goddard Space Flight Center, NSAB Environmental Energy Booth, Montgomery County Recycling, and Montgomery County Humane Society.

"Our main goals for our Earth Day events are to build relationships with local communities near our command through joint events/activities, raise internal and external stakeholder's awareness of U.S. Navy, NSAB environmental programs and energy conscious initiatives," Martinez said.

For example, in 2016, the base recycled 660 tons of solid waste and 1,282.1 tons via construction demolition activities, according to Matthew Walters, NAVFAC Washington Environmental Programs intern.

The fair will be held in the lobby of Bldg. 62 from 9 a.m. to 3 p.m.

On April 20, everyone is invited to participate in the annual base wide cleanup where volunteers will be given certain locations on base to pick up litter. Those interested can meet in front of Bldg. 62 and the cleanup goes from 11 a.m. to 1 p.m. To sign up, email Karrie Reckley at karrie.reckley@navy.mil or call her at 301-295-3713.

19-20 April 2017

EVENTS (OPEN TO ALL):

Wednesday April 19, 2017:
NSA Bethesda Environmental Vendor's Fair
BLDG. 62 • Wounded Warrior Cafe & Lobby 0900-1500
Vendors include: NASA's "Science on a Sphere", Montgomery County Recycling, Montgomery County Humane Society, and many more...!

Thursday April 20, 2017:
Basewide Cleanup Bldg. 62 • 1100-1300
Make up Rain Date: Friday 21, 2017
To Volunteer contact via email karrie.reckley@navy.mil or 301-295-3713 2nd Class Petty Officers are encouraged to participate

Clean Out Your Files Week

Call NSA-BETHESDA Environmental Programs Department at: (93) 295-6398 OR email alexia.martinez1@navy.mil

You Can Make A Difference!

Beneficiary Credits WRNMMC Staff With Saving His Life

By Megan Garcia
WRNMMC Public Affairs

In the fall of 2013, Charles Bogino was suffering from a bad sinus infection, which he said he couldn't shake. To make matters worse, he also had been ignoring his health altogether. Between practicing law and other obligations, he hadn't really been paying much attention to it. He finally made the decision to see his primary care physician at the Walter Reed National Military Medical Center as the infection got worse. His physician, who instructed him to get some lab work done during his visit, contacted him the very next day with some startling news.

"He called me and starts yelling at me saying, 'Your liver enzymes are through the roof. I want you to go have a CAT scan, and do me a favor, change your diet,'" he said.

Bogino laughed as he recalled the phone call, which ultimately, unbeknownst to him, would spark a series of events that he said has given him a greater appreciation for the staff and medical professionals at Walter Reed Bethesda, and to this day, he credits them for saving his life.

In October of that year, he went in for the CT scan, which resulted in additional blood work that he completed right before the Veterans Day. He knew by this time something was wrong, and based on previous findings, there was a possibility he could have cancer.

"I knew the hospital was going to be closed that Monday, and I was getting my blood drawn on a Friday, and I'm like I can't wait three days. I got to know," Bogino said.

However, to his surprise, the very next day he received a call from his doctor, but he missed it. He received a text from that same doctor the following morning.

"This is the thing. He was very responsive. He knew how upset and worried I was," Bogino said.

The doctor informed Bogino that he needed to follow-up with gastroenterology immediately, but Bogino waited for three months before doing so.

"I was being stupid," Bogino said. "I didn't want to know. I also couldn't believe that it was remotely possible that I had something like this. Nobody in my family has even had cancer."

On Feb. 3, 2014 after receiving an endoscopy, his fears were confirmed.

"That's when the doctor told me. He said, 'You've got a tumor on your pancreas,'" Bogino said.

"I was totally zoning because I'm thinking to myself...I couldn't even really process what he was saying," Bogino said. "It's one of those moments where you don't feel like you're really hearing what you're hearing. And when I was kind of able to ask a question I said, 'So you're telling me I have pancreatic cancer?'"

The doctor could not confirm whether or not the tumor was cancerous at that moment, but he advised him to get a pancreatoduodenectomy or Whipple surgery, which involved removing his gallbladder, a portion of his pancreas, a portion of his stomach and the first part of the small intestine. The procedure would take about 12 hours. It took Bogino a week before he made the decision to move forward with the surgery.

"I weighed this," Bogino said, who was 54 years old at the time. "Should I have the surgery or not? It's a big surgery and a lot to put someone through. Only about 15 to 20 percent of people diagnosed with pancreatic cancer are eligible for the surgery I had. So if you're diagnosed with pancreatic cancer, and somebody says, 'You know what? You can have surgery that could help



PHOTO COURTESY OF CHARLES BOGINO

Charles Bogino (right) and his wife, Cynthia Bogino, stand in front of the John P. Murtha Cancer Center seal at the Walter Reed National Military Medical Center. Charles was diagnosed with pancreatic cancer in 2014 and credits his team of medical professionals and staff at WRNMMC with saving his life.

or perhaps even work you toward a cure,' you're lucky. So when you are talking about doctors who can do the Whipple, and you have about two or three here that can do it, you don't get much more skilled than that in my book."

He underwent the surgery April 24 of the following year, and although the surgery went well, he experienced complications during his recovery.

"This is where they saved my life," he said. "I woke up in the middle of the night, about 2 a.m., and I was lying in a pool of blood. The nurses came in, and they were all around me, and they took me down for a CAT scan right away, but they didn't see an active bleed, so they put me in the ICU because they had to try and figure out where the bleeding was coming from, so they did an endoscopy. They did a colonoscopy. They were trying hard to figure out what was happening."

Three days later, he started bleeding again.

"Again, they were on me immediately," Bogino said. "I felt like I was in that show 'ER.' Everybody was around me, and then I look up at the end of the bed, and there's Dr. [Lt. Col. Matthew] Huemann, my surgeon. Now this is midnight on a Friday night. I would have better things to do than sit around and wait for my pager to go off to say your patient is bleeding to death."

Bogino's wife and daughter were called, and when they arrived, they were greeted immediately with support.

"That's when a Naval lieutenant commander, a

Baptist, came, and he stayed with them all night long," said Bogino. "I'm telling you. All night long. Meanwhile, I had already had interactions with Brother David Schlatter and [a priest]. They were great. I spoke with a Rabbi. She was great. I mean anyone I had I interactions with were great. I met every denomination here, and I had prayers from everybody."

He was sent to the intervention radiology where they performed a procedure to stop the bleeding by coiling it off using surgical coils.

"The nurses there were superb," Bogino said. "If they didn't have experience with this type of procedure, they learned quickly. They knew what they were doing, and they knew generally what to look for."

Almost three years later, Bogino maintains he never doubted any of the people who played a role in his care.

"I had complete faith in everyone involved," he said. "From the gastroenterologist, who identified my cancer early on; to the surgical oncologist, who got rid of it; to the intervention radiologist, who were instrumental in stopping my bleeding; to the vascular surgeons, who came up with the real approach to keeping my bleeding controlled; to the pastoral care I got from the chaplains here; and of course there's an administrative staff here that makes everything work. I couldn't say one person was better than the other when it came to my care because they all stood out."

"They saved my life. I can't say that enough."

Navy Lodge Employees Continue Professional Development

By Andrew Damstedt
The Journal

Navy Lodge Bethesda recognized several members of its staff March 22 at a ceremony after the employees successfully completed professional training from the American Hotel and Lodging Educational Institute.

“This is so exciting to be able to share the news of your great accomplishment,” said Navy Lodge Bethesda General Manager Ana Herrera-Ruiz.

Successful completion of the program required each candidate to score 75 percent or higher on both the written exam and the skills evaluation process on the job, she said. The Educational Institute offers ongoing training for hospitality professionals including online learning and professional certifications.

“You all should be very, very proud of your accomplishments today,” said Naval Support Activity Bethesda Commanding Officer Capt. Marvin L. Jones. “This reflects your commitment to lifelong self-improvement and lifelong learning in your field. People compete for the business that we bring in here and by your dedication to what you do – and you reflected it



PHOTO BY MC3 WILLIAM PHILLIPS

Several Navy Lodge employees were recognized March 22 after completing ongoing professional training from the American Hotel and Lodging Educational Institute.

in your accomplishment you made today – that keeps people coming here.”

Those who received certifications at the ceremony were:

*Henry Adams, guest service representative, who was certified as a guest room attendant, laundry attendant, concierge and public space cleaner.

*Brian De Souza, guest service representative, who received his front desk representative, Public

Board Exchange (PBX) operator, concierge, public space cleaner and laundry attendant certifications.

*Assistant General Manager Nicole Nnoko completed certifications for laundry attendant, PBX operator, guest room attendant, concierge, public space cleaner and maintenance.

*Rowena Viray, guest room attendant, was certified as a laundry attendant.

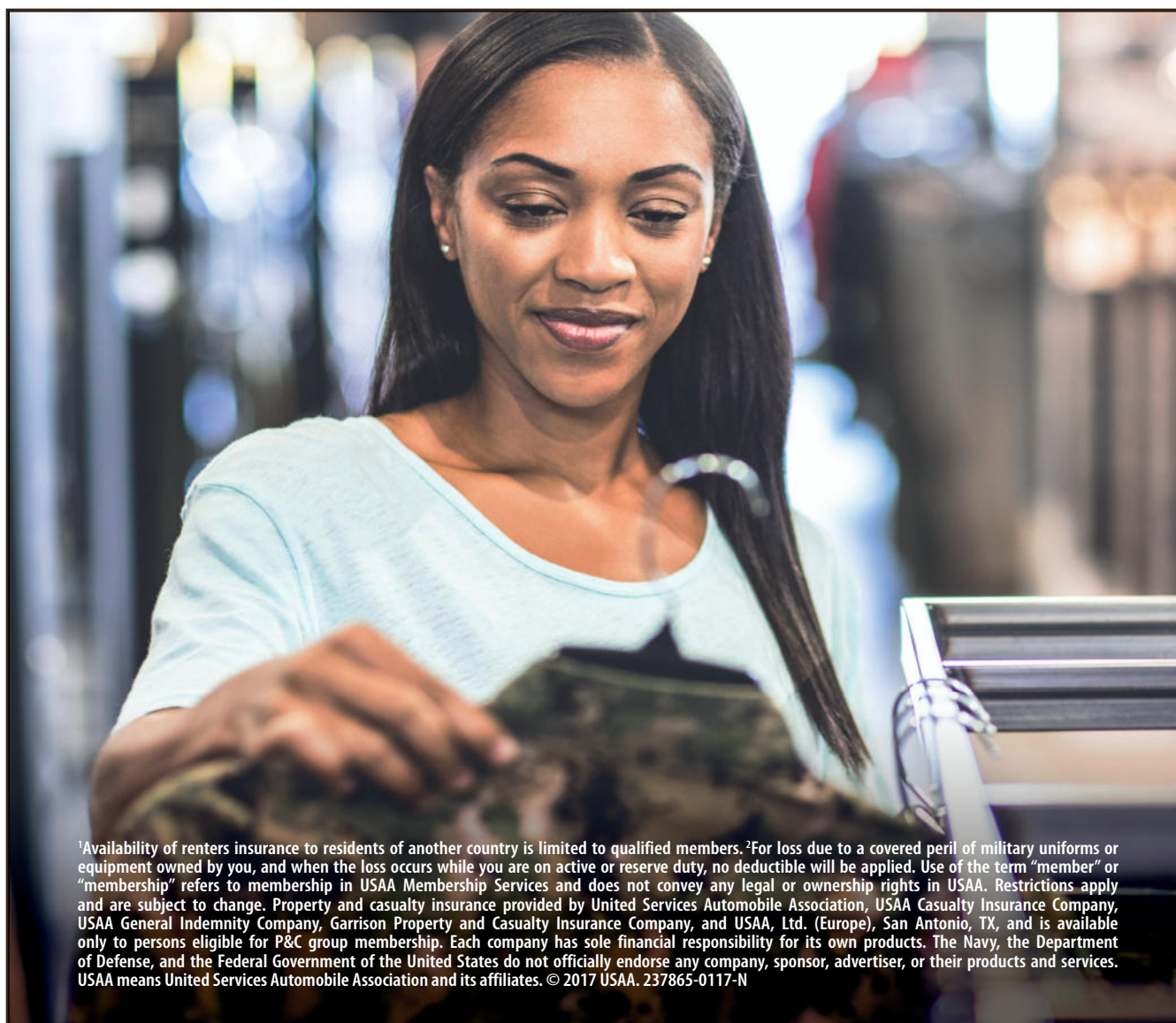
Nnoko, Guest Service Supervisor

Angel Martinez, and Guest Service Lead Rahel Menghestab earned the hospitality supervisor certification.

In addition, 16 Navy Lodge Bethesda associates completed the guest services professional Making Connections course that had an average grade of 95.6 percent, according to Herrera Ruiz. They were Edith Andrade, Doris Arriaga, Abraham Atencio, Delfina Fuentes-Romero, Diana Garcia, Santos Iraheta, Lidia Maltez, Angel Martinez, Rahel Menghestab, Nicole Nnoko, Jennifer Pineda, Kimberly Purnell, Tahaja Smith, Adrina Titus, Vicenta Ura and Rowena Viray.

“We can build buildings but what happens inside is what these people do as they are the heart of the program,” said Bill Mayhew, Navy Lodge regional manager.

The entire Navy Lodge Bethesda staff was recognized with a Bravo Zulu from Navy Exchange CEO R.J. Bianchi for outstanding service because of several customer comments received in February, and individuals who received signed Bravo Zulu certificates from Bianchi were Adams, De Souza, Herrera-Ruiz, Martinez, Menghestab, Nnoko, and Arlene Padilla received individual Bravo Zulus.



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Walter Reed Bethesda Teaches Auburn Nursing Students

By Bernard S. Little
WRNMMC Public Affairs

Walter Reed National Military Medical Center again played host to students from Auburn University and Auburn Montgomery Schools of Nursing as part of the Project SERVE (or Student's Education Related to the Veteran Experience) from March 13-15.

Walter Reed Bethesda, AU and AUM Schools of Nursing reached an agreement in 2014 allowing students to spend time learning and working alongside medical staff at the "Flagship of Military Medicine." The first set of student nurses arrived at WRNMMC in March of that year, and annually a new set of student nurses from the schools come to WRNMMC for approximately a week of orientation and training in providing care to veterans.

Alabama, home of AU and AUM Schools of Nursing, is one of the states which experienced the greatest number of returning veterans with wounds requiring long-term care, including traumatic brain injuries. Project SERVE is designed to prepare the student nurses to meet the long-term care needs of veterans in their communities. The initiative was created to expand the supportive network of civilian nurses, institutions and health-care organizations through educational opportunities.

This year, WRNMMC Director of Nursing Services Navy Capt. Valerie Morrison welcomed 12 students from the Auburn nursing schools to the medical center. "This is exciting for you to come to Walter Reed Bethesda," said the medical center's chief nurse. She said only about 1 percent of Americans have ever had any exposure to military life. She explained although WRNMMC is called "The President's Hospital" because of the number of commanders in chief who have received care at here, the medical center is most noted for treating those injured in service to their country.

"Our wounded warriors don't want sympathy,"

Morrison said. "They choose to be in the military. They choose to defend our country, and they don't want that lessened at all for what they have sacrificed. They and their families are amazing."

Morrison added compassion fatigue and post-traumatic stress are concerns in military nursing. She said even in civilian nursing, the demands are increasing with a growing aging population and more patients with comorbidities. In addition to providing clinical care, she said nurses are "working on discharge from admission, advocating for and educating patients [about their medication and the totality of their care]. Our jobs are kind of never ending within the nursing field."

The WRNMMC nursing director encouraged the students to not only allow themselves to be human and experience some of the ups and downs of their patients, but also to have positive coping strategies, build resiliency, and practice self-care (good nutrition, exercise, outside hobbies, healthy relationships and rest).

Also while at WRNMMC, the nursing students were able to see nursing care on the surgical ward, behavioral health, TBI, inpatient and outpatient units. They also toured the National Intrepid Center of Excellence at WRNMMC, which specializes in TBI care, as well as WRNMMC's state-of-the-art simulation center and Military Advanced Training Center (MATC).

In the MATC, Army Lt. Col. (Dr.) Jason Silvernail, chief of physical therapy, explained to the nursing students that health-care is a team sport which includes not only providers, but patients and their families involved in health-care decision-making. He added, "Physical therapy is not just the physical, but the mental as well."

Retired Navy Cmdr. David Crumbley, assistant clinical professor of the AU School of Nursing, helped establish Project SERVE. One of his last active duty assignments was at WRNMMC, and he accompanies each group of student nurses back to the medical center where he served.

"[WRNMMC's] mission is to care for the wounded,

See **AUBURN**
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Helen's
on the pike

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WRNMMC, Red Cross Thank Volunteers

By Kalila Fleming and Bernard S. Little
WRNMMC Public Affairs

Walter Reed Bethesda Chief of Staff Navy Capt. (Dr.) John Rotruck, Command Master Chief Tyrone Willis and American Red Cross (ARC) Senior Station Manager Marin Reynes recognized 12 ARC volunteers during the annual ARC Volunteer Recognition lunch on March 22 at the medical center.

March is American Red Cross Month, an observance dating back to 1943 during World War II when volunteers provided services in a number of capacities to assist the war effort. Since then, every U.S. president has designated March as Red Cross Month.

In his 2017 proclamation, President Donald Trump state, "For more than 135 years, the American Red Cross has stepped into the breach, providing shelter, food, and emotional support to victims of natural disaster, war, conflict, and unexpected hardship...The Red Cross has proudly and ardently supported our military, our veterans, and their families for more than a century, delivering over 352,000 services to members of the military and veterans each year."

According to Reynes, Walter Reed National Military Medical Center and Naval Support Activity Bethesda have the largest ARC service to the armed forces. "More than 600 volunteers contribute [over] 6,000 hours monthly across the installation...In 2016, Red Cross volunteers contributed 72,105 hours to support service members, veterans and their families receiving care or working at WRNMMC and NSAB. These contributions are valued at \$1,920,877 in volunteer value added."

Reynes explained the annual lunch serves as a small



PHOTOS BY KALILA FLEMING

Walter Reed Bethesda Command Master Chief Tyrone Willis (left) and Chief of Staff Navy Capt. (Dr.) John Rotruck thank Denise Kratz for her volunteer service with the American Red Cross at the medical center during a recognition lunch March 22.

appreciation to ARC volunteers at WRNMMC and NSAB. "[They've] worked hard to support patients, families and staff receiving [and delivering] care here."

ARC volunteers at WRNMMC and NSAB include active duty service members, civilians, administrative personnel, medical doctors and pets in the Animal Visitation Program. In addition to greeting every wounded, ill and injured service member and his or her family who arrives at WRNMMC by medevac, volunteers also support Morale, Welfare and Recreation events; manage the Comfort Cart Program to provide toiletries and other items to service members and their



American Red Cross Senior Station Manager at Walter Reed Bethesda Marin Reynes (right) thanks volunteer Thom Bradford for his volunteer service during an ARC recognition lunch on March 22 at the medical center

families throughout the hospital; work at the welcome desk in the National Intrepid Center of Excellence; oversee the sewing program near the Physical Therapy and Occupational Therapy departments; host coffee mornings for patients, veterans and their families; and make weekly visits to preapproved locations as part of the Animal Visitation Program.

Reynes said ARC volunteers provide services in more than 75 clinics throughout the medical center, and during the summer months, an additional 50 youth ARC volunteers participate in the Red Cross VolunTEEN Program.

For more information about volunteering or ARC programs at WRNMMC and NSAB, call 301-295-1538.

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How to Spot Health Food Imposters

By 2nd Lt. Anna Cardenas
WRNMMC
Dietetic Intern

In today’s world, we know how important healthy eating is – and so does the food industry.

Food companies use terms like “all-natural” and “simple” to attract shoppers. A prime example is a hazelnut spread commercial that boasts their spread is made of “simple, quality ingredients like skim milk, hazelnuts, and

a hint of cocoa,” while adding that it is made with no artificial colors or preservatives. The reality is more than 55 percent of the product is made from sugar, and the second ingredient is palm oil, which is high in saturated fat.

So how can you tell if a food is actually healthy? The answer is by looking at the ingredients and nutrition facts label. The order that ingredients are listed on the label is important, too. Ingredients are listed from highest to lowest amount.

Food companies also like to promote that their products contain something “healthy.” One example is whole grains such as oats, whole wheat, barley and rye, which lower the risk of several diseases and help with weight maintenance. Just because a product is “made with whole grain,” however, does not mean it is fully whole grain. If it has ingredients like whole



COURTESY PHOTO

Consumers are encouraged to read Nutrition Facts labels to help spot health food imposters.

wheat, rye or barley, and there is not any sort of enriched flour, then the product can be considered whole grain.

Food companies also like to advertise when their products are free of something “bad” by using terms such as “sugar-free,” “cholesterol-free” or “fat-free.” However, the unwanted ingredient is often replaced by

something else unhealthy, or something that was not in the food to begin with. For example, foods like breakfast toaster pastries tout “cholesterol-free” on the label. Cholesterol is only found in animal products though, so this does not mean the product is healthy, just that it does not contain animal products.

March is National

Nutrition Month and “Put Your Best Fork Forward” is the theme for 2017, which reminds us that we each hold the tool to make better food choices. For more information, please contact a registered dietitian in Outpatient Clinical Nutrition Services, your go-to expert for evidence-based nutrition advice, at 301-295-4065.

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PHOTO BY KALILA FLEMING

'Room of Errors'

By Kalila Fleming
WRNMMC Public Affairs

Antigonene Davis, a medical support assistant at Walter Reed National Military Medical Center, examines a medical mannequin during the "Room of Errors" contest in Building 9 on March 16. WRNMMC's Directorate of Quality and Patient Safety Department

set up the "Room of Errors" last week in observance of National Patient Safety Awareness Week and as a training tool to encourage staff to maintain vigilance concerning patient safety. Patient Safety Awareness Week is an annual observance designed to increase awareness about patient safety among health professionals and the public nationally.

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AUBURN

From
Page 6

service members and retirees, but when they move out in the community, that's when we take over," Crumbley said. "That's why we're here...to learn as much as we can from [the WRNMMC staff] to be able to better care for veterans and their families when they come into the civilian community.

"As a career military person I thought I knew sacrifice, but I was truly not prepared for what I experienced during my time at Walter Reed. The experiences I had there, caring for these young men and women, and comforting their parents, spouses, sisters and brothers changed my life forever," Crumbley has stated. "I believe this experience will change the lives of our nursing students in a positive way. They will be more aware of the problems facing this population and better prepared to manage the issues of our returning military members and their families. Through their clinical experience at Walter Reed Bethesda, the students will better understand the concept of sacrifice and be motivated to give back to these returning veterans and their families."

Olivia Stewart-Costa, an AU senior nursing student, explained during her last year in high school, her grandmother had a heart attack. "Her nurses talked to me and got to know me really well. They realized I like to really serve people, and they encouraged me to look into health care as a career.

"I hope that I can learn how to better treat veterans," Stewart-Costa added. "They've experienced so much than most people could ever image, so I really hope that I can learn how to serve them better."

Aaliyah Fantroy, also an Auburn Montgomery senior nursing student, said her mother was a nurse and her



PHOTO BY BERNARD S. LITTLE

Walter Reed Bethesda Director of Nursing Services Navy Capt. Valerie Morrison (standing left) and Division Officer for Urology Services Army Lt. Col. Jacqueline Clements (standing right) welcome Auburn University and Auburn Montgomery Schools of Nursing students to Walter Reed National Military Medical Center March 13 as part of Project SERVE (Student's Education Related to the Veteran Experience).

father was an Army nurse. "I just have that care and compassion in me, and I think nursing is the best field to fulfill it. I want to learn how to help veterans deal with meeting their life challenges," she added.

Hannah Johnson, also a senior nursing student

at AUM, said, "I've always been interested in the medical field, and I went on a mission to West Africa at a missionary-funded hospital. I saw how the nurses interacted with the patients and I felt nursing was my calling.

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4/1

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4/7 11 am- 2 pm

El Salvadorian Luncheon at the Warrior Cafe

4/8 11 am-1 pm

EGGSTRAVAGANZA egg hunts, concessions, moon bounces, crafts, entertainment, games and prizes

4 pm

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4/13 3-6 pm

Tax Relief Party at Below Deck Pub, NGIS lower level, bldg.64
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4/15 11 am

Nationals Vs. Phillies Game \$50

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